



# COLDSTREAM COMMUNITY NEWS

SPRING 2022

coldstream.community.news@outlook.com

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## FULL CIVIC WEEK TO RETURN THIS YEAR



The Presenting Coldstream Association committee and Coldstream Riders Association have unanimously agreed to the Return of Coldstream Civic Week 2022.

The past two years have been challenging for us all. We have all been affected in one way or another by this pandemic. Lives have been lost, events cancelled or postponed or put on hold. The cancellation of The Common Ridings has had a huge impact on the whole of the Scottish Borders and Coldstream has been lost without our Civic Week.

The committees feel that for the economy of the town and the wellbeing of the guid folk of Coldstream we all need something to look forward to and to bring us together again as a community.

So, Civic Week is back, and the dates for your diary are: -

**The Installation of the Coldstreamer on Friday 8<sup>th</sup> April 2022 at 7:00pm Henderson Park, Coldstream, followed by a disco in The Royal British Legion from 9:00pm.**

**Civic Week: Sunday 31<sup>st</sup> July — Saturday 6<sup>th</sup> August Flodden Day — Thursday 4<sup>th</sup> August**

The Presenting Coldstream Association committee along with Coldstream Riders Association have decided that now is the time to make some of the long discussed changes to the Civic Week programme of events. Some days, such as the Opening and Closing ceremonies, Fancy Dress and Flodden Day, will remain largely unaltered with some minor changes. We are planning to hold Flodden Day Breakfast on the Thursday morning in Coldstream Town Hall for which anyone can buy a ticket and come along and join in the excitement and build up to the Flodden Cavalcade. The rest of Civic Week has also had a rejig, with some events changing days, times and venues. The Coffee Morning and Grand Prize Draw will move to the Saturday at the start of Civic Week. This will give ball attendees more time to recover and everybody more time to make the final adjustments to their fancy dress outfits. The Tea Dance will also move from the Tuesday to the Wednesday afternoon. The fireworks may move to the Wednesday night and the Civic Week Ball will this year be held in the Community Centre on the Friday night.

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## Coldstream Boys Brigade Needs Your Help!

Over the last two years Coldstream Boys Brigade has only been able to meet on a few occasions due to Covid restrictions and the leader's change in circumstances.

Unfortunately, it looks as though Boys Brigade in Coldstream will not be able to continue unless some adults come forward to train as leaders. We have had good numbers of boys between the ages of 5 and 11 years attending for the last 10 years. Coldstream Parish Church and its members have supported the Company throughout this time. We do not want Boys Brigade in the town to cease meeting. Many boys and young men have been part of Boys Brigade and will undoubtedly have many happy memories - we need to continue this. Can you help? If you can, give me or Rev David Taverner a call. Thank you.



Fiona Mann, 01890 882370 - evenings

**Deadline for items for the Summer Edition of CCN is Friday 13th May**

## FULL CIVIC WEEK TO RETURN THIS YEAR contd.

The Norham rideout and Flodden day will stay on the Monday and Thursday at the normal times. Birgham and Leitholm have been merged into one ride out which will take place on the Tuesday, departing the Lees at 2.30pm where they will go along the High Street and back before proceeding to the Hirsell House to meet with the Earl & Countess of Home. From there they will travel to Birgham first for a short stop before continuing on to Leitholm and returning to Coldstream for 8:15pm. We are planning to have the children's ride at the start of the ride out on Tuesday. Each year we will alternate between which town we visit first. The committee is currently busy working on the changes to the programme of events and Coldstream Riders Association is also busy working on the planning of the rideouts and the changes required to these events. Like everyone, the past two years have had a negative impact on our fundraising and, while we will strive to keep costs to a minimum, there may be a small increase in the charge for some events.

All organised events will comply with Scottish Government guidelines that may be in place at the time. This may mean some adjustments being made for some events which may include a reduction in numbers for indoor events or moving some events outdoors if deemed necessary.

Presenting Coldstream Association and Coldstream Riders Association are two small hard working committees, who give up their time to make your Civic Week the best it can be. But, it is your Civic Week and we need your help. If you are over 18 years of age and would like to get involved with Civic Week in any way, please step forward and join one of the committees. We both need new members, with new ideas to ensure the future of your Civic Week. It doesn't matter if you are a new resident of Coldstream or have been a resident for more years than you would like to mention. We need you. If you are interested in joining Presenting Coldstream Association please speak to any committee member or contact our Secretary Fiona Shepherd on 07842 885870. If you are interested in joining Coldstream Riders Association, please contact any committee member or our Secretary Wendy Younger on 07704 587914.

*We look forward to the Return of The Common Ridings and seeing you at Civic Week in August. Hip Hip!*



## COLDSTREAM GATEWAY ASSOCIATION CHRISTMAS LIGHTS FUNDING

With the festive season now well and truly behind us, we hope that all our readers enjoyed our annual town Christmas lights display. Each year we try to develop and improve the display but this, of course, comes at a cost. As an example, we now have a good number of illuminated lamp post motifs and these cost between £200 and £250 each. As well as buying new lights, we also have to pay for the electricity we use. To allow us to put on a good display, we rely entirely on fund-raising and grant applications and receive no financial assistance from Scottish Borders Council.

For obvious reasons, fund-raising has been difficult over the last two years and so our Christmas Lights bank balance is not as healthy as it used to be. We do however get a few kind donations and from time to time there are collecting boxes in our High Street businesses but we wonder if there are individuals and families in our community who would like to donate towards the lights but don't really get the opportunity to do so. With this in mind, we have created a "crowdfunding" page on the website "Just Giving". Anyone who would like to make a donation towards the lights can easily do so by going online to [www.justgiving.com/crowdfunding/coldstreamchristmaslights](http://www.justgiving.com/crowdfunding/coldstreamchristmaslights) or simply go to the Just Giving website and search (top right magnifying glass icon) for Coldstream Christmas Lights and then scroll down the results page until you see a photo of



the Christmas tree outside the Parish Church (as below). We would be extremely grateful for any contributions – payment is easy using your debit/credit card. We have set an initial target of £500 and are keeping our fingers crossed that we can exceed this in the weeks and months to come. Thank you very much indeed.

John Fulton  
Coldstream Christmas Lights Organiser

**PS** The three elements of Coldstream Gateway Association (Christmas Lights, Coldstream In Bloom and, of course, the Community News) rely entirely on volunteers to keep them going but we sincerely hope that they play an important role in enhancing our local community.



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Registered Nurse  
Bachelor of Nursing Degree (2008)

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### Anti-Poverty Benefit Entitlement

I have been a member of the anti-poverty strategy steering group at Scottish Borders Council for the last 18 months. It has become apparent that the consequences of living through a pandemic have had a huge effect on family incomes plunging many families into poverty through no fault of their own.

There are various forms of Poverty ranging from food poverty, fuel poverty to digital poverty which can cause other issues as well. Coldstream can, on the face of it, look very affluent to a casual passer by however, like all towns in the Borders, we have a growing poverty problem most of which is what is known as "hidden poverty". This means that those who are entitled to benefits slip through the net and only seek help when they reach crisis levels. There is absolutely no stigma attached to claiming benefits - if you are entitled, then claim. If you are unsure what you are entitled to claim for then please get in touch by emailing me at john.greenwell@scotborders.gov.uk

Every enquiry will be dealt with confidentially. By claiming benefits you are actually increasing the spend in our local economy which in fact makes our town more prosperous.

JG

### ELLA'S QUIZZES

Thanks to everyone who supported my quiz for the Borders Search & Rescue Team, it raised a total of £358. The group will be giving a talk in March at the SWI. My next quiz is for Coldstream Flower Show to help raise much needed funds. It ends on 31 March, available in Sanderson's Butchers or contact me on 01890 882551.

Someone recently asked how much I have raised over the years. When I first started I didn't keep a record of the totals but for the last eight years I have raised nearly £16,000, so thanks for all your support.

Ella Purves





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## Coldstream Parish Church

An **Easter Eggstravaganza** for children will take place in the Parish Church Hall and Church on Saturday 2 April from 2.30pm – 4.30pm. The programme will include an Easter egg hunt, craft work, the creation of a large Easter scene, decorating eggs, a rabbit hunt and half-time refreshments.

Please watch out for posters.

On **Good Friday**, 15 April, an ecumenical **Walk of Witness** will set out from Henderson Park at 10.00am. This is a popular and well-supported event which has not been held for three years. A large wooden cross will be taken to 'Stations' along the High Street and the Walk of Witness will conclude, some 30 minutes later, in the Parish Church Hall for tea, coffee and hot cross buns.

Everyone will be made most welcome. Simply turn up to take part.

Also on **Good Friday**, there will be an **Evening Service** in the Parish Church at 7.00pm.

On **Easter Day**, 17 April, there will be an **Easter Service** in the Church at 11.15am.

Once again, tea and coffee and biscuits will be served in the Church Hall after Sunday morning services, and the **Men's Prayer Breakfasts** will be resuming shortly in the Church Hall every other Saturday morning at 8:00am.

A **Worship Team**, made up of local people, is now playing a regular role in worship. The Team conducts whole services every other month, and leads part of the service at other times. The service on Sunday 13 March at the regular time of 11.15am, will include 'Conversations in worship'.

Coldstream and District Parishes are continuing to support **Berwickshire Churches Food Bank** generously on a regular basis, especially as the Food Bank is now being put under pressure by increasing needs.

Please keep up to date with news and developments on our website: [www.coldstreamdistrictchurches.org.uk](http://www.coldstreamdistrictchurches.org.uk)



**SWI** - Despite restrictions, the SWI has managed to hold all its meetings this season and is hopeful that nothing will scupper the remaining ones. Anyone is welcome to attend any of our open meetings but in the current climate we ask that you let us know beforehand if you plan on coming along as we may have to limit numbers.

By the time this newsletter goes out we will have had a much anticipated talk from Peter Walton about life working with the RAF bomb disposal unit. This will be our third attempt in getting Peter to come and speak to us and we have all been looking forward to it. Coming up in March we have Kim from Borders Search and Rescue talking to us about their work and we have been busy fundraising for them (including one of Ella's famous quizzes). We will not be holding our visitors' night as planned as many people are still cautious about big groups, so we will have a private social evening for members instead, to make up for those who missed out on the Christmas party.

After the popularity of the "win-a-cream-tea" which we did last year we shall be running this again for Easter. So, if you know someone in the SWI, grab them and buy your ticket. Details will be advertised on our Facebook page and elsewhere in the town.

If you want to know more about what we do you can check us out on our FB page - /coldstreamswi or phone Susan on 01890 882562.



**WALK THE TALK**

Walking is great for a **blether** and **meeting new people**. Join us today on one of our free **Health Walks** & continue the conversation over **cake & tea!**

**INTERESTED?** You'll receive a warm welcome and a walk at a pace and length that suits you, whatever your ability. **JOIN US! Every other Tuesday from 1st March, MEETING at 10:00am at Coldstream Community Centre**  
 Contact Paul 07718 664282 or Geoff 07742 747959



## Coldstream Art Group

The Art Group Winter/Spring session is now in full swing under the watchful eye of Chairman, Gordon Thompson. This session will run until Easter when there will be a break until the Summer session begins. Hopefully, the Group will be able to have a “plein air” outing this year, up by the Hirsell Lake perhaps. We can then have our own “Landscape Artist of the Year”!

Members of the Group are a fairly eclectic bunch and use all sorts of mediums - oils, watercolours, pastels and acrylics - to produce a great variety of results from fine pencil drawings of animals to intricate landscapes and weird and wonderful abstracts.

We were recently fortunate enough to be awarded a grant from Hudson Hirsell and on the strength of this we are hopeful to have demonstrations from Tina Holley, Brian Turnbull, Sam Folcarelli, Stuart Norman and Mary Goulding. They are all well known and first class artists and we are grateful to Hudson Hirsell for making this possible.

The Group has experimented with all sorts of subjects and mediums to produce a variety of outstanding works which hopefully will be shown this year at our Art Exhibition in the Community Centre during Civic Week.

Should any budding artist out there wish to join the Group, please get in touch with Gordon Thompson on 01890 882455. You do not have to be a Turner, Monet or Rothko as members of the Group are always ready to help with beginners, so please come along and let your innate talents burst forth into glorious colour.




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## Coldstream Royal British Legion Club

The British legion Club is now fully open and functioning as normal.

The bar is open on a Friday night so why not come along and enjoy a drink with a game of snooker, pool or darts also available. Coffee mornings are up and running again all as scheduled in the town diary. Our halls are available for private hire and provide an ideal venue for parties and weddings as well as meetings, dinners and other functions. Contact Elaine on 07769 205440 with any enquiries.

We are planning a full day of events to mark the Queen’s Platinum Jubilee. The day is Saturday June 4<sup>th</sup>. We will be starting with a special coffee morning with “extras”. In the afternoon we will be holding a Tea Dance and in the evening a spectacular Jubilee Party with live music from an ABBA tribute act. Full details will be announced as we get nearer to the date so watch our notice board and our Facebook page.

In addition to the events within our club we also hope to interact with the pupils of Coldstream Primary School by inviting them to take part in a competition to design a special Platinum Jubilee Flag. Every pupil will receive a memento commemorating the Platinum Jubilee.

The Legion Club plays an important part in meeting the needs of our community but we can only continue to do so with your help and support.

Russell Kirk



## *andante* CHAMBER CHOIR “Singing is fun and it’s good for you!” says Andante’s Director.

Can you sing? Have you ever thought about joining a choir? According to John Stone, Director of the Eccles-based *andante* Chamber Choir, being a member of a choir is not only great fun but it’s good for you, too.

Says John, “Ask anyone who sings in a choir and they’ll tell you it’s good for both the brain and the body. *Andante* is a very friendly, mixed voice choir singing a varied repertoire from polyphony (Byrd, Tallis etc) to modern classical works with some folk, pop and jazz arrangements thrown in for good measure. We sing ‘a cappella’ (which means we don’t let the piano get in the way!) and we rehearse weekly. When there isn’t a pandemic on, we give regular concerts raising funds for local good causes.”

“The last two years have been hard – they’ve been difficult for lots of organisations - and a number of our members have recently decided to retire. That means we have some vacancies and we’d love to hear from anyone who enjoys singing, can hold a tune and enjoys having fun with like-minded people. A trained voice is not required and you are not expected to be able to sight-read, but some experience in choral singing is necessary. Whether you are a soprano, an alto, a tenor or bass, there’s never been a better time to give it a go.”

Anyone interested in learning more about *andante* Chamber Choir is warmly welcome to come along and sit in on a rehearsal held in Eccles Parish Church each Tuesday evening between 7.30 and 9.30. More information is available on [www.andantechamberchoir.com](http://www.andantechamberchoir.com) or contact John on [director@andantechamberchoir.com](mailto:director@andantechamberchoir.com)



## FIELD TO FORK

We were delighted to welcome a few classes from Berwick and Kelso to the Hirsell for visits over the autumn and have thoroughly enjoyed our first of 2022 recently. At last it feels like the diary is filling and we will again have the opportunity of sharing all that the estate has to offer around food, farming and countryside with schools and groups. Please get in touch if your group would like to visit.

It is fantastic to have the buzz and chatter of the children around as they discover what is happening in the fields and explore the different habitats and to have the aroma of pizza wafting out from the classroom once more! Very soon there will be the new Highland calves to see too. It has been devastating to see the havoc Storm Arwen and subsequent winds have caused but Kenny and Scott are

working hard to make areas safe and accessible again.

We also greatly enjoyed running the childrens’s natural Christmas craft workshops



at the very successful Christmas Fair in December. From that we are embarking on a new venture for 2022: ‘Field to Fork Fridays’ – a once a month fun family outdoor time of woodland activities on a Friday afternoon. Look out for publicity around the town or on our Facebook (fieldtoforkhirsell) and Instagram (fieldtoforkhirsell) pages and book via [sally.fleming@daestates.co.uk](mailto:sally.fleming@daestates.co.uk)



## *Castrum Coffee Shop*

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### **CORRECTION FROM THE WINTER EDITION**

Amendment to the contact details for Coldstream Community Council as printed in the last edition:  
The current secretary is Alison Campbell and you can contact her on [secretary.coldstreamcc@gmail.com](mailto:secretary.coldstreamcc@gmail.com)

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### **BADMINTON CLUB**

Tweed Hall, Community Centre

Thursdays 7.00 - 9.00pm

Cost £4.00

We are an informal group who play for enjoyment and exercise.

You can stay for the two hours or play 2/3 games and then go.

Age ranges from 15 - 70+,  
both male and female.



An important date for your diaries is Sunday 13 March at 2.30pm when we will be holding our AGM. We need to have a quorum in order for the meeting to go ahead so would encourage anyone to come along, whether you are a member or not. The Trustees are proposing some changes to the constitution and need the approval of members to be able to do this. If you plan on coming please let us know by emailing [admin@coldstreamcommunity.com](mailto:admin@coldstreamcommunity.com) or phoning 01890 883332 and the relevant documentation will be emailed to you. Light refreshments will be available after the meeting and the opportunity to speak to any of the Trustees.

#### Fundraising events coming up in the Community Centre -

4 March - jazz concert with Millar and Spencer

12 March - coffee morning with all the usual attractions

10 April - indoor food and drinks market with local producers so come along and support them

Date TBC - beer festival

16 October - indoor crafts market.

The proceeds of all fundraising events held in the Community Centre go towards keeping the building safe and secure for you to use.

#### Fitness and Well-Being

We are keen to get more fitness classes in to the Centre but instructor availability does not always coincide with our room availability. With a free taster session on 16 February, Choga classes lasting 1 hour will be taking place on Wednesday afternoons at 2pm. Choga is yoga using a chair for support and is ideal for people with mobility issues or who need to strengthen their core after injury. To book a place on this contact the instructor direct on 07890 388283.

We are still looking for instructors who may be able to hold classes at the weekend - for adults or children - so would be keen to hear from any suitable instructors.

The Walk-It group run by Live Borders is back with a change of day - Tuesday. The walk is fortnightly and the easy way to remember which Tuesday it is - the same day your general waste bin goes out. Meet at the Centre at 10am and be guided by the new leaders Geoff and Paul.

As spring approaches we are looking forward to a sea of colour in the rear garden. Our volunteer gardeners were busy planting bulbs last year and with all their pruning and tidying the space has been transformed. More work will be taking place in the garden later in the year thanks to a successful application to the Co-op Local Community Fund.

We will be advertising shortly for a finance/office administrator in the Community Centre. This is a part time position of 6 hours per week and requires someone with a good working knowledge of Quickbooks (or similar). If you would like an informal chat about it please call Susan on 07517 084160 or 01890 882562.

Susan Burnett

## **COLDSTREAM/BENNECOURT TWINNING ASSOCIATION NEWS**

### **SPRING INTO ACTION - WHY NOT BOOK YOUR 2022 SUMMER TRIP TO FRANCE NOW?**

**Join us from Saturday 9th until Sunday 17th July 2022**

Coldstream Twinning Association is travelling to Bennecourt, France by coach and ferry where we will spend one week enjoying the superb hospitality of our French hosts.

The Bennecourt Committee will have a programme of events and excursions ready for us to enjoy and there will also be free time set aside to relax and do as you please in the summer sunshine.

The Twinning visits are suitable for all ages, from toddlers to seniors, for families, couples and individuals.

We always return with wonderful memories of shared friendships and amazing experiences.

You don't have to be able to speak French but if you are at all uncomfortable about language difficulties, we can make sure you stay with an English-speaking family.



#### **HOW MUCH DOES IT COST FOR THE WEEK?**

That will depend entirely on how many people travel by Coach & Ferry. We anticipate it will be in the region of £110 - £150 per person. We already have 25 who have noted their interest! A reduced cost will apply to school age children.

***Excellent value for door-to-door travel and a week in France!!***

A few people prefer to make their own way to Bennecourt travelling by car or plane. If you'd like to be a part of the Twinning Visit, you can join us in Bennecourt and the Twinning Committee will arrange your accommodation.

However, you will be responsible for your own travel arrangements and costs. If there are spaces on the coach, you may be able to have the use of them whilst in France, for a small additional cost.

**To reserve your place or for any other enquiries contact:**

**Secretary: Frances Mather – [frances.mather@leetstreet.co.uk](mailto:frances.mather@leetstreet.co.uk) 07484 137427**

**Chairman: Janet Hodge – [janetmckhodge@gmail.com](mailto:janetmckhodge@gmail.com) 07791 541668**

**Vice Chairman: Joy Thomson – [joyalex@btinternet.com](mailto:joyalex@btinternet.com) 07765 778708**

Janet Hodge, Chair



## Coldstream & District Community Council (CDCC)

It seems no time at all since I was writing the Community Council article for the Winter edition of CCN – time is flying by so quickly and there has been much happening.

Unfortunately, due to unforeseen circumstances, we have had 2 resignations and so we now have 3 spaces to fill. We would especially welcome some “young blood” 😊!

Please contact Alison ([secretary@coldstreamcc@gmail.com](mailto:secretary@coldstreamcc@gmail.com)) if you would be willing to join us.

For information about our recent activities, you can see the Minutes of our January Meeting on the Community Centre Notice Board or at <http://onlineborders.org.uk/community/coldstreamcc>

### Community Action Plan – Update

In 2018 based on feedback from the people of the town, the then Coldstream & District Community Council (CDCC), the Community Trust (CT) and a consultancy service, created an Action Plan.

The reformed Community Council has met again with representatives from the Community Trust to review the projects on that list.

Some of these projects have now been delivered:

- ✓ the new playpark has been up and running for some time now
- ✓ the caravan park is now open for business
- ✓ the new cemetery is underway and due to open soon

There are still some outstanding “actions” and so, as it is critical that the ongoing plan continues to reflect the wishes of the community, the Community Council is **looking for your help** to prioritise these or even add to them, if you feel there are other things needed to improve Coldstream for its residents and visitors. Listed below are some of them:

- ⇒ public toilets
- ⇒ parking solutions
- ⇒ marketing the town – mapping its facilities and places of interest
- ⇒ bringing businesses and jobs to the town
- ⇒ providing more affordable housing
- ⇒ promoting fitness and wellbeing
- ⇒ bringing tourists to the town through festivals, farmers’ markets & the like
- ⇒ **what else can YOU think of?**

Scottish Borders Council is recruiting a dedicated resource which we are told will be available to the Community Council to help us access much needed funds and guide us in delivering the changes Coldstream people want.

By being able to back up funding applications with survey responses from **YOU**, we can unlock the coffers of grant awarders and encourage businesses to invest in this wonderful town.

**As an insert in this edition of CCN, you will find a Questionnaire.**

**Please can you help us to improve Coldstream**, by completing the questionnaire and returning it to Alison at 61a High Street or place it in the special post-box provided at the Community Centre. **Please respond by 16<sup>th</sup> March 2022.**

## Chair Mobility & Exercise Class

This takes place in the Community Centre on TUESDAYS, 11:00 - 11.45am Cost: £4.00

For all enquiries, please contact LYNN YOUNG, mobile 07805 034932



## Plastic Milk Bottle Tops

Reading a recent edition of the Community News, Lynn Young came across the article “Milk Bottle Top Saga” which was written by Helen Park and Ella Purves. These coloured plastic tops can be collected and recycled in aid of charity but there is no longer the facility in Coldstream to hand these tops in. However, Lynn has informed us that they still collect the tops at Kelso North Church on Bowmont Street. Lynn takes a seated exercise class there every Wednesday lunchtime and she is more than happy to help out in the transportation of the bottle tops from the Community Centre to the church. There is, however, also a bottle top collection box at Browns Newsagents in Woodmarket, Kelso and anyone in Coldstream who collects these tops can hand them in there.



### More from Coldstream & District Community Council

**Pension Credit** is a means tested benefit for people over State Pension age to help with the cost of living. If you have a low income and modest savings it can top your income up to a level set by the Government.



Age Scotland has produced a very easy to read and helpful publication on the subject which you can access via the link below.  
<https://www.ageuk.org.uk/globalassets/age-scotland/documents/ia---factsheets/money-matters/m4-pension-credit-apr-2021.pdf>

As a snapshot, if you are over State Pension age and your weekly income is:

less than £177.10p as a single person OR less than £270.30 as a couple, you may well be entitled to receive Pension Credit.

Having up to £10,000 in saving would be disregarded in the calculation.

If you have more than £10,000 in savings, the amount of Pension Credit would be slightly reduced but may still be granted.

If you are awarded Pension Credit it also offers the possibility of other assistance, such as for:

- Housing Allowance.
- Cold weather payments
- Free TV Licence
- Funeral support payment
- and more.....

**If you feel in need of some income support, is it not worth a phone call to ask about your entitlement? If you don't ask – you won't get!!**

**Why not call one of these numbers and find out how to go about it!**

Age Scotland Helpline	0800 1244 222
Citizens Advice Bureau (Kelso)	01573 223516
Citizens Advice Bureau (Galashiels)	01896 753889
Social Security	0800 182 2222

We will be keeping you all updated via CCN on a regular basis but any issues you wish **YOUR** Community Council to look at, suggestions you may have, or general comments you wish to make can be addressed to [help.coldstreamcc@gmail.com](mailto:help.coldstreamcc@gmail.com)

Joy Thomson on behalf of CDCC

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[john.lamont.mp@parliament.uk](mailto:john.lamont.mp@parliament.uk)
- ☎ 01450 375948
- 📘 [johnlamontborders](https://www.facebook.com/johnlamontborders)
- 🐦 @john2win
- 📷 @johnlamontmp

This publication has been financed through allowances available to the Member of Parliament

## MACMILLAN CANCER SUPPORT

As 2022 arrives, the Macmillan committee is arranging some events which hopefully can go ahead without any restrictions. Can we thank everyone who supported our events in 2021 and, despite many restrictions and cancellations, we managed to raise over £2000, which helps towards people living with cancer in The Borders.

Our first event is our annual Soup and Sweet which will be held on Saturday 19th February in the Community Centre from 12 till 2pm. Come along and enjoy a delicious lunch which includes homemade soups and indulgent puddings all for £5. There will also be a raffle.

Our AGM will be held on Tuesday 24th May at 2pm in the Parish Church Hall. Everyone is welcome and we're always looking for more volunteers. We're a happy bunch and, if you do join us, you will be made very welcome.

June is the start of Open Gardens where we will be serving our much acclaimed afternoon teas. First up is Ruthven garden on Sunday June 26th, 1-5pm. What's better than having a wander around a beautiful garden followed by afternoon tea sitting taking in the views of the Cheviots.

Our next event is Coldstream Open Gardens on Sunday 10th July, 1-5pm. Macmillan this year will be hosting the full event, so anyone who would like to open their garden for us please contact Christine McLennan on [mclennan@btinternet.com](mailto:mclennan@btinternet.com) or 01890 840700 for more information. It's a very pleasant few hours talking to like minded people who love their gardens. We will also be having a plant sale so if you can take cuttings, grow a few more plants etc and would like to donate nearer the time, please contact Susan on [susanvassallo@hotmail.com](mailto:susanvassallo@hotmail.com) or 01890 882696 to arrange collection.

Next on the list will be Marfield on Sunday 31st July, 1-5pm. Another opportunity to take in a beautiful garden and afternoon tea.

Our annual Charities Fair will be held on Saturday 29th October 10-12pm. If any charities would like to be involved, please contact Susan on [susanvassallo@hotmail.com](mailto:susanvassallo@hotmail.com). It's an opportunity for charities to raise some much-needed cash without the competition from craft stalls.

Our last event of the year will be Berwick Male Voice Choir, always a popular event. This will be held on Saturday, November 19th in the community centre. More details to follow, but it should be a good night so get the date in your diaries.

We hope to see as many people as possible at some or all of our events, remember all money raised in the Borders stays in the Borders.

Thank you for your continuing support. Susan Vassallo, Chairperson, Macmillan Cancer Support Coldstream Branch.

## Coldstream Premier Cru Cycling Club

Happy New Year everyone and I hope you have all made 'getting back on your bike' your New Year Resolution. There has never been a better time to do it and, as an added incentive to those who are afraid of the traffic, we now have a new edition of the Highway Code working for us.



It's a long time since most of us will have read it but the new version is definitely on the side of pedestrians, cyclists and horse riders. It is now law that drivers give cyclists at least 1.5 metres when overtaking. If they don't then take their registration number and report them to the police. It is an offence as well as being antisocial, selfish and dangerous.

Equally, it is also an offence to ride a cycle on the pavement which, in turn, is a danger to pedestrians. Please don't do it or you risk being fined after someone rightly reports you.

The advantages of cycling over using the car are many fold so let's just recap. It is a healthy pastime. It is an environmentally friendly pastime. It is a responsible pastime. Bikes are on the roads by right and not

by licence and so do not have to be taxed, insured or MOTd. However, it is advisable to check with your house insurance for cover and recommended that you have accident cover in case the worst happens.

Bikes are relatively cheap to maintain. No fuel has to be purchased and no pollution is pumped back into our atmosphere. They do not create potholes (you still have to watch out for those!) and do not damage your health.

As cycle sales expand and vehicle sales slow down, this must be the time when you consider using your bike on a more regular basis. We don't need to jump in the car every time to do our local shopping. A bike is quite sufficient and is free and easy to park. With a basket on the front or the back it is amazing how much can be carried.

Coldstream Premier Cru is a free membership club which meets every Sunday at Court House Car Park at 9am. It is purely a social club. No racing and no-one left behind. We head for Kelso where we pick up more riders and then head off for a coffee and cake somewhere. Our mileage varies but is usually around the 50 mile mark. That may sound an awful lot, but, after having done it a few times, you won't notice as you catch up on all the local gossip from other riders.

Lets make 2022 the year to get back on our bikes. We welcome all riders (those under 16 must be accompanied by a responsible adult) and they must be reasonably fit with a roadworthy bike. We welcome riders for only short distances which they can increase as the weeks go on and would encourage everyone to at least, give it a go. Cycling helmets are compulsory and we operate a strict NO HELMET—NO RIDE policy.

Now that we have the Highway Code on our side (when was the last time you looked at it?..... so at least read it!) everything is in our favour. Looking forward to seeing many more of you out with us on Sunday mornings from now on.

Rob Smith

**TillVAS: Open Days at Ford Forge Saturday 9<sup>th</sup> and Saturday 16<sup>th</sup> April 2022 10.00am to 15.00pm**

**Till Valley Archaeological Society,**  
 Website: [www.tillvas.com](http://www.tillvas.com) Twitter: @TillVAS  
**TillVAS is a not for profit organisation recognised as charitable by HMRC**

TillVAS invites members of the local community to visit their new premises at Ford Forge. There is free parking in the Heatherslaw car park and refreshments are available in the Boes Café across the River Till at Heatherslaw Mill. Entrance to the TillVAS premises is FREE.

This is an opportunity to come inside part of the building adjacent to the Heatherslaw Railway which from the eighteenth to the mid-twentieth centuries formed part of an ever-changing rural industrial hamlet. We now occupy the left-hand side of the upper floor, accessed via the external staircase. There is a smallish room to the left, once part of "Mr. Town's house" and a much larger room to the right, used as a Baptist Chapel for about a hundred years.

TillVAS moved in during the summer of 2020. We hoped to be able to invite all our members and the local community to an Open Day that October, but Covid put a stop to it. The smaller room is now set up as a display room and we store our archaeological equipment in the larger room. Plans are still developing, but we expect to have displays in both rooms and demonstrations and activities suitable for adults and children in the larger room. We offer a choice of 2 dates in the hope that one will suit you and we look forward to welcoming you.



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## Breathe by Terry Howson at Coldstream Museum

Coldstream Museum reopens to the public on the 1<sup>st</sup> April 2022; open Mon, Wed - Sat 10.00 – 15.00 and Sun 12.00 – 15.00. We are closed Tuesdays.

Our first exhibition this year will be 'Breathe' by Terry Howson. Terry explains her art: My brain never rests. It is in constant motion, when sleep comes I dream in vivid colours. When awake I hear my thoughts pounding in my brain. It is a barrage of noise and colour. Socially I am a noisy extrovert with a propensity for laughter, but I live in a bubble of One. A silent world where the only noise is inside my head. My brain is relentless, it never stops. Until ....

My studio, Cluttered, paintings everywhere in various stages, the glorious smell of oil paint and linseed oil. I enter, my head full of chattering noise, I breathe deeply. I pick up a painting ready for its next layer. I look at it. My brain runs a critique and a commentary. I create my palette, mixing oil paints and cold wax medium, the noise in my head slows down, softens into a murmur, I pick up my tool, I start to paint. The noise stops. Peace and tranquillity descend, I breathe.

The exhibition runs from 1<sup>st</sup> April – 5<sup>th</sup> June 2022. The museum has free parking, is accessible by public transport and there are baby changing facilities, a disabled toilet and access. Assistive technology and assistance dogs are welcome.

We look forward to seeing you.





## Coldstream Bowling Club Invites New Members

I have the honour to be the President, this year, of Coldstream Bowling Club. The club is one of the best known and respected in the Borders and in 2020 celebrated, albeit under Covid restrictions, its 150<sup>th</sup> anniversary.

Like many organisations, however, falling membership and the Covid pandemic have impacted on the club. We are, therefore, embarking on a membership drive and would be delighted if you would join us here at the Club.

For those of you who have never played bowls before, or even if you have and want to try it again, we will be hosting a **Come and Try** day on **April 16<sup>th</sup>**. This is a free event to allcomers. Club equipment and experienced players will be available to help you out. Being a small and friendly club, you will be sure to make new friends and it will, hopefully, open up a new sporting experience for you.

The club is delighted this year to host the Hamilton Trophy on the 11<sup>th</sup> June. We will have visitors from all over the Borders and it should provide excellent entertainment for spectators.

The 2022 season will run from 16<sup>th</sup> April until end of September. We have several levels of membership. **Full membership** is for those who would like to play on a regular basis. This includes our many competitions during the year but does not commit any player to participating in events unless they wish to. Full membership is £100 per year. We also have Junior membership for under 18 age group.

**Social membership** is for those who are content to watch and enjoy the use of the club house facilities. Social membership is £10. We host Bingo, pool, darts, quiz nights and are open to more suggestions for social events. Our club house can be booked for group meetings, parties and celebrations.

Membership forms will be available from the club or contact us by email or on either number below. Payments can be made at the Club on 16<sup>th</sup> April or by Bank Transfer – details will be on the membership form.

**Coldstream Bowling Club 100 Club** is relaunching in May 2022. Our 100 club raises much needed revenue for the Bowling Club and our thanks go to the members who have supported us over the years. However, income raised has been falling over the last two years and inevitably our expenditure is increasing. 100 Club Membership is £5 per month which can be put on Standing Order with your bank. First payment is due in May in time for the first cash prize draw which will be on the last Saturday of May. Membership forms for the 100 Club will be available from the Bowling Club from 16<sup>th</sup> April or by contacting club officers at the numbers below or via club email.

Ivor - 01890 882762 Treasurer - 07889 269059 Bowling Club email - [cbcsot1870@gmail.com](mailto:cbcsot1870@gmail.com)

Ivor Clark, President

## Daren R Bruce

T: 01890 882950

E: [daren@firstglassdeliveries.co.uk](mailto:daren@firstglassdeliveries.co.uk)

[www.firstglassdeliveries.co.uk](http://www.firstglassdeliveries.co.uk)



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Ditch the plastic and use recycleable glass bottles.**

## Coldstream Social & Literary Society

Members enjoyed a delicious Christmas lunch at The Red Lion in Milfield on 6<sup>th</sup> December last year. Our thanks to everyone at The Red Lion for making it a special occasion and to Colin and Jennie Milne for organising the event.

In January we welcomed Charles Dundas of the Borders Forest Trust, who spoke engagingly about our native woodland and the Trust's programme in Southern Scotland to restore natural habitats and healthy eco-systems. We learned a great deal about which species of tree are native here and how the Trust is restoring its three 'Wild Heart' sites (Carrifran Wildwood; Talla & Gameshope; Corehead and the Devil's Beef Tub), as well as the work carried out with local land-owners.

This year is an important one for the Society, as we celebrate its 120<sup>th</sup> anniversary. At our celebratory event on 7<sup>th</sup> February, members enjoyed a quiz, raffle and some excellent entertainment from Peggy Helliwell. We toasted our 120<sup>th</sup> birthday with fizz and some fabulous gift-cakes, which had been very generously gifted by Millie Douglas of 'Millie's Little Baked Dreams' in Coldstream, to help us celebrate in style!

On 21<sup>st</sup> February John Fordyce from Borders Distillery will talk to us about "Spirits from The Edge" to be followed by Catherine Maxwell Stuart on 7<sup>th</sup> March, who will tell us what goes on "Behind the Scenes at Traquair". These promise to be excellent talks, so even if you aren't a member, please do come along. There is a charge of £2 per visitor for each event and we meet in the Community Centre twice monthly on Mondays at 2.00pm.

Elsbeth Shepherd, Joint Secretary



# Coldstream & District Community Council (CDCC)

*And now for something completely different.....*

**Visit Scotland tells us:**

*“Stories are a vital part of Scotland’s culture, and every community has a different tale to tell. Shared stories, whether spoken, written, sung or filmed are what give a sense of place, history and belonging.”*

Originally directed to the Community Trust, and shared with the Community Council, I was so pleased to accept an invitation to virtually meet up with Emily Cropton, of the Connecting Threads Project and artist, writer and storyteller Luke Winter, to learn about a very exciting and different project hopefully coming our way in the Autumn of this year.

Connecting Threads is the cultural strand of the landscape-scale project Destination Tweed which aims to conserve, promote and celebrate the River Tweed.

With the support of Creative Scotland, Luke created The Story Wagon, a purpose-built timber wagon designed for writing and sharing stories. It is a delightful piece of kit!!

Last year The Story Wagon toured around several events and festivals having been adapted by Luke to allow its roof to open and so take account of Covid requirements.

Emily explained *“Luke and I are in the early stages of developing a proposal for the Scotland Year of Stories Community Fund. Our idea is for the story wagon to journey along the section of the Tweed where the river forms the boundary between Scotland and England. Over the course of a long weekend in Autumn 2022, the story wagon could host events in three locations, beginning at Paxton House and stopping at Ladykirk /Norham before arriving in Coldstream.”*

At each location, the wagon would open up and host a programme of activities, led by Luke. The intention is that each event would be shaped through collaboration with the host town, with perhaps an undercurrent of collecting stories along the way.

**So – what we need is some feedback so we can gauge the level of interest from YOU for this exciting project!**

Where would be the best location for The Story Wagon to set up?

Writers amongst you – do you have writing you’d like to perform a public reading of?

Luke has a Fire Pit! Think of steaming hot chocolate round it and telling stories!

The Artists amongst you – would you come along and sketch/paint this charming scene?

Musicians amongst you – could we have some songs around the campfire?

Let your imagination run riot – think outside the box!

What can **YOU** and/or **YOUR ORGANISATION** contribute to this project?

e-mail [help.coldstreamcc@gmail.com](mailto:help.coldstreamcc@gmail.com) Subject: The Story Wagon

Joy Thomson, CDCC



## CIVIC WEEK PATRON SLIP

**Presenting Coldstream Association invites you to become a Patron to help support the ever-increasing financial cost incurred during Civic Week.**

All Patrons will receive:

1. Patrons Ribbon
2. Their names listed in the Civic Week Programme
3. Entry into the Opening Ceremony Reception, held in The Community Centre on Sunday 31st July at 4.30pm.

**YOUR DONATION WILL HELP SUPPORT CIVIC WEEK**

**If you wish to become a Patron, please fill in the form below and return it with your donation to: Mrs Alison Campbell, 61a High Street (next to Howdens), Coldstream TD12 4DL before 30th April\***

**Please find enclosed £10 donation per person**

**Name .....**

**Address.....**

**\* Please note that donations received after this date can still become Patrons, but your name will not appear in the Civic Week Programme**

**If you would like to become an association member, please contact a committee member**



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## History Society

Coldstream and District Local History Society is up and running again after an enforced cancellation of the January talk because of the Covid restrictions.

Following a very interesting and entertaining talk in early February by Kenny McLean on "Lost Churches of the Scottish Borders", the March talk will be given by David McLean, Kenny's father. His subject will be "Votes for Women in South East Scotland (1870 to 1920)". David has been a regular visitor to the Society over recent years and can be relied upon to give a first class presentation.

Please note that this is an afternoon talk and will be held at **2.30pm on Thursday 3rd March** in the Leet Room of the Community Centre. Visitors are welcome.

The April talk returns to the evening time of 7.30pm but the scheduled speaker has had to pull out due to personal circumstances. A replacement will be found and members will be advised in due course.

John H Elliot, President

## Exercise and Covid: It is not just for younger people!

by Lynn Young

Its 6am in the morning and I can't sleep. There are lots of things racing around in my mind but one of the things that is concerning me greatly at the moment is the older generation. I know we all have things that worry us about lots of age groups but I have been working with wonderful older people now for over 15 years. The longer I have worked with them the more I have learned about our fantastic senior citizens – they are stalwarts, strong, fun, a great source of experience and knowledge – they have lived a very long time so have so much information to help us with our lives. Apart from our own relatives and close family how many of us actually mix, chat or indeed care for/about our elders. I was brought up in a family where we respected our elders – I opened doors for them, got up from my seat for them, helped them carry heavy things, offered to help them. So, what is your point, Lynn? It is this.

Some of the older people in my fitness classes are a wee bit lost right now. They have missed the social contact, missed the feeling that exercise gave them, missed the music with the songs they used to dance to, missed the memories that the music conjured up, missed the very important cup of tea at the end of the class. Sadly, some of my class members are no longer with us or indeed able to come back to classes. This is not down to them having had covid, it is due to the 'necessary' restrictions that have been placed on them. I have seen, first hand, how they have lost their freedom, independence, confidence, mobility, lost their friends, lost precious time with their families/friends, human contact (the touch of a hand) .....**LOST**.

I for one missed their banter as they are so funny when they reminisce about things they did when they were young, things you 'wouldn't get away with now'; about watching their families cope with their children; coping with the new fast paced generation on Wi-Fi, TikTok, Snapchat, 'bookface', Netflix. I often shared little snippets from my family life and they would laugh and say – 'it only gets worse'.....'I remember when that happened to me'..... or 'I don't see my family much as they have moved away'.

Lockdown was hard for our young children, for home-schooling parents who had to work, for families struggling for food and our older generation. One lady's comment really hit home with me, she said 'I don't have time for lockdown! I need this year; I don't know how many years I have left!' She was angry that her life was affected in this way (as I am sure many of us were) but she survived, is back to exercise, back playing bridge, back visiting her family in Edinburgh. I love how feisty she is. I think that has helped her and older people like her to keep at it!!

Sadly, some are still lost, have not 'Got out much', are struggling to move as they have been sitting more, watching TV more, are quieter, sad, depressed. This makes me sad too.

So, what can we do to help? It needs everyone to chat to them on the street when they are out and about, in the shops and supermarket. Ask them how they are? Listen to them? Take an interest. Stop your fast paced life, just for a moment and say 'Hello', give them a smile and wave.

**EXERCISE IS SO CRUCIAL.** Just as when children are young and developing, they need to keep moving their joints and muscles in the body or they will cease up. Movement gets the heart and lungs working by bringing in more oxygen. Movement helps with co-ordination which helps with balance and can help prevent falls or bumps around the house. It helps with strengthening the muscles for everyday tasks, opening jars, using the stairs, opening a stiff door, moving furniture or even just using the Hoover. One lady said to me once that my sitting down and standing up exercises helped her with getting up and down off the toilet seat! That had never occurred to me. Exercise helps with flexibility to reach up to the cupboards, make the bed, change the sheets on the bed, get in and out of the car, reach for the seat belt. Exercise stimulates the mind/brain which helps us react quicker, think better, comprehend things better. All movement helps maintain independent living which is vital for the dignity of **OUR** older generation. **Here are a few things to try:**

**KEEP OCCUPIED** – The people who I see have coped the best are the ones who have kept themselves busy, cutting grass, working in the garden or allotments, going out for walks, fixing cars, furniture, knitting, sewing, spring cleaning, doing puzzles, baking.

continued opposite on p.15

# St. Mary's and All Souls, Coldstream

A view from the pew (looking back and looking forward)



Alison Minter shares a 'view from the pew' as she looks back over her being a part of the community that is St. Mary's. Alison says "St. Mary's is a warm, friendly church where everyone, of any age, is always welcome. We're a community that looks outward, having good relationships with both the Parish Church and Catholic Church, and with strong friendships made across the faith communities. These relationships are deepened and strengthened through such things as: Carols in the Park, shared Taize services etc... where we meet, share, blether and worship together."

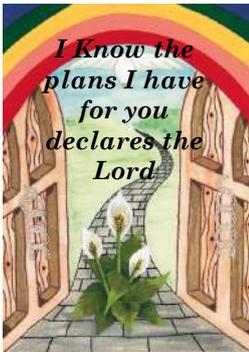
Alison also says "During my time at St. Mary's I've been lucky enough to meet some interesting people including some very brave missionaries who found refuge at St Mary's and in this compassionate and beautiful town".

"Looking back there are many happy memories of Nativity Plays, confirmations and weddings as well as knowing our journey through the sad times too. We've been privileged to have shared our journey with a variety of Rectors who have enriched our spiritual life".

And, looking forward, despite various Covid restrictions and uncertainties about the future, we know that as God's people we look forward with hope, confident that God is with us and that we have a purpose as his children.

### Coming up at St. Mary's:

**Sat 26<sup>th</sup> Feb 10:30am** – A day with the Cinnamon Network – exploring community engagement.



**Friday 4<sup>th</sup> March – 2:00pm** – World Day of Prayer. A service of Prayer for God's world – focusing this year upon the UK – for all in Coldstream.

Big Garden Tidy – Having been rained off at the end of last year, weather permitting, we're planning to have a **Big Garden Tidy on Fri 11<sup>th</sup> and Sat 12<sup>th</sup> March** – come and join us if you like – the more the merrier. (Details on our FB page closer to the time).

**Sunday 27<sup>th</sup> March** – Bishop John (the Bishop of Edinburgh) is joining us for our service.

**Easter Services:** Palm Sunday – 9:30am  
 Good Friday – 10am Walk of Witness (followed by hot-cross buns)  
 Easter Sunday – 9:30am Easter Service.

### Our regular Sunday services:

- 1<sup>st</sup> Sunday – 9:30am** – Sunday Morning Gathering – our Celtic style service.
- 2<sup>nd</sup> Sunday – 9:30am** – Communion
- 3<sup>rd</sup> Sunday – 9:30am** – Communion
- 4<sup>th</sup> Sunday – 5:00pm** – Taize Service. A quiet and contemplative service which we share with the Parish church.
- 5<sup>th</sup> Sunday – 11:15am** – This is our group service where we gather together



When we are occupied, it takes our minds off feeling sorry for ourselves, sitting down too much, giving ourselves too much time to think and feel sad. **If you start to get tired, panic or get anxious –sit down and take some deep breaths.** Relax your body, roll your shoulders round and down.

**BREATHE IN for 6 counts, HOLD YOUR BREATH for a bit, maybe 3/4 counts**

**BREATHE OUT slowly for 8 counts.**

Try to do this about 3-5 times and hopefully it will help to calm you down, settle your mind and focus on something positive.

### Before you get out of bed:

Circle your ankles, wrists, bend your knees in and out, lift your legs up and down, try a little twist of your waist, circle your arms, sit up and stretch forward.

### Sitting on the side of the bed or a chair:

Reach down to touch your knees/shins/ankles,  
 Twist round from side to side. Lean over from side to side  
 Bring your knees up, slowly kick your legs out.  
 Arms exercises, like punching out in front of you, up in the air,  
 Rolling your neck and shoulders round.

### If you can't get out:

Set yourself a time in the day to walk around the house/ garden.  
 Walk up and down the stairs or a back door step, march on the spot. Do some arm exercises with some bags of sugar or tins of soup.  
 Resistance exercises are great for strengthening arms.

### If you can get out and about:

There are some super classes in Coldstream at the Community Centre. There are also dance classes, Scottish country dance clubs, bowling, Badminton, Tennis,

I hope this has not sounded like too much of a lecture for any of the readers but hope our older generation can try to help themselves by keeping busy and exercising. **Finally**, that it reminds us too, that we need to check up on our Senior Citizens to see how they are doing?

**Wishing you all a Happy New Year.**

## HIRSEL GOLF CLUB



Social Events At  
Hirsel Golf Club  
2022

- Friday 1st April 2022 – Mexican Night
- Race Night – Date to be Confirmed
- Saturday 7th May 2022 – Richard Melvin Memorial Day – Music from Rebel Rouser
- Friday 20th May 2022 – Quiz Night
- Saturday 25th June 2022 – Music Night
- Saturday 23rd July 2022 – Captains Prize
- Saturday 20th August 2022 – Live Music from the band 'Nameless'
- Saturday 10th September 2022 – Live Music from Allan Scott – Country, Blues & Rock
- Saturday 19th November 2022 – Presentation Night & Music

Every Week

Hirsel Golf Club

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2 courses

Non Members Welcome

### CARVERY

Every Week

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## 01890-882156

secretary@hirsclgc.co.uk

12pm - 4.30pm bookings

## Norham Church Event

Berwick Male Voice Choir  
Saturday March 12th 7:00pm

BMVC present their new musical programme: from Queen and Adele, through Andrew Lloyd Webber and Les Miserables, to Hammerstein and Romberg.

Musical Director: Mike Hardy  
Accompanist: Hannah Humphreys  
Guest Soprano: Jacqui Budge  
Tickets £7.00. Available at Longbones, Berwick and on the door.

Proceeds to St Cuthbert's Church, Norham

Refreshments available!

## Coldstream and District Angling Association

Our AGM is on the 23rd March at 7.30pm in the Coldstream Royal British Legion Club.

Season tickets can be bought from the Royal British Legion on Sunday 27th March 2pm - 4pm and again on Sunday 3rd April from 2pm - 4pm.

Annual ticket for Adults under 65 years of age is £22

Annual ticket for over 65 years of age is £11

Annual ticket for under 16 years of age is £1

Daily permits can also be obtained from Cornhill Shop and the Keystore in Coldstream.

Please contact Katrina Davie on 01890 885948 or [cdaafishing@gmail.com](mailto:cdaafishing@gmail.com) if you require any further information.



### Coldstream Defibrillator Group

The Christmas competition to choose a name for the group was won by Terry Henderson (adult) and Elliot Scott (age 9).

Elliot produced the snappy name "**Project Pulse**", whilst the Hendersons gave us "**Have a Heart.**"



Elliot has assured us he will share his game with wee brother Logan!

We will use **Have a Heart** in all communications and when reaching out!

If you would like more information in becoming involved, then mail us on [defibstream@btinternet.com](mailto:defibstream@btinternet.com) or call 07468607798 during working day hours.



## COLDSTREAM COFFEE MORNINGS



At the time of going to press, these are the most accurate

Coffee Morning dates available in the Coldstream Diary. Usual start time is 10:30am.

19 Feb	Macmillan Soup & Sweet	CC
26 Feb	Presenting Coldstream Assoc	BL
05 Mar	Coldstream Riders Association	BL
12 Mar	Coldstream Community Centre	CC
19 Mar	Coldstream Town Trip	BL
26 Mar	Coldstream Bowling Club	BL
02 Apr	Presenting Coldstream Assoc	BL
09 Apr	BAVS (Charity Shop)	BL
16 Apr	Coldstream Football Club	BL
23 Apr	Coldstream Guards Association	BL
30 Apr	No booking in Town Diary	

07 May	Coldstream Town Trip	BL
14 May	Coldstream Girl Guides	BL
21 May	Breast Cancer Now	EC
28 May	Coldstream Flower Show	BL

BL - British Legion Club CC - Community Centre  
PCH - Parish Church Hall EC - Eildon Centre

**The Town Diary is now held in Streamers Sandwich Bar. Please fill in full details of your coffee morning or other event. Any queries regarding the Diary should go to Elspeth Bell on (01890) 882211.**